While Workman speaks confidently of such causes above, he notes that in 19 out of 20 cases the causes assigned on certificates, by relatives and medical examiners alike, are fallacious. Many of these `fallacious causes', which Workman recites from the Asylum Register, now look more like the concerns of a social worker than an asylum doctor: `Loss of Property ... Excessive Study ... Intemperance ... Want of Employment ... Business Difficulties ... Political Excitement ... Tobacco ... etc'. (13). But after this false catalogue Workman neatly adds a `true' which today seems almost as ridiculous: `Gestation; Puerperal disorder; Over lactation; Fevers resulting in cerebral lesion; Sun-stroke; Intense cold to the head; Injuries of the skull; Apoplexy; Epilepsy; Parental intemperance; Masturbation; Scrofulous and syphilitic taint; Defective diet, etc'. (14). He

first indicates `evils in the existing state of society', then through various indirect causes such as `modern education and the moral training of youth', focuses on some unnamed `moral pestilence', which (of course) is masturbation:[xiii]

> Underlying or interwoven with these, or other efficient causes of insanity, are to be detected evils in the existing state of society, and it is to be feared in the pernicious tendencies of modern education and the moral training of youth, which demand of the physician entrusted with the care of the insane more than a casual indication. Deplorable and multitudinous are the facts which, in at least one section of his sphere of observation, the reminiscences of the Superintendent of an insane asylum supply in demonstration of the calamitous results of the moral pestilence alluded to. (1857-58, 14)

Workman quotes from the report of Dr McFarland, Medical Superintendent of the Illinois State Hospital for the Insane, on the evils of masturbation. One of McFarland's revealing concerns about masturbation is its `recruiting' its victims, `not from the ranks of the naturally low and sensual, but from a class comparatively high in the social scale' (15). At the same time, since the source of the `pestilence' is often a `corrupt family servant', it would seem obvious that the lower classes themselves are afflicted -- unless they are themselves merely the immune `carriers'.